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Dear Family and Friends:

I am getting assistance to help me to stop using tobacco. Even people who are sincere and determined to quit often find it very difficult. Sometimes it takes more than one try.

I appreciate your support and I would like your help. Here are some ideas about how you can help that other people in my situation have found useful:

- Even when you feel like it, please do not lecture me, scold me, fuss over me or watch me. People in my situation generally find this just makes them feel worse, not better.
- Though I will do my best, at times withdrawal symptoms from quitting may make me irritable and grouchy. Please do your best to be understanding; sometimes I may need to be just left alone.
- Try not to criticize how I am going about this. We are all different and the same methods will not work for everyone. I'm doing the best I can.
- I know you may be frustrated with me if I slip up and have a cigarette. Believe me: no one is more upset with me than me. I don't need criticism at these times. I can keep trying and if I don't succeed I can try again.

If you are willing to be a part of helping me with this project, ask me how. I may be able to tell you what would be helpful (and what won't be helpful).

Thank you very much for your help.